



GATEWAY INTERNATIONAL SCHOOL

MENU FOR THE MONTH OF MAY 2023

DATE	MENU	MEALS
01.05.2023	BREAK FAST	Macroni Pasta, Milk, Tea, Fruit, Besan laddoo
MONDAY	LUNCH BUFFET	Rice, Tandoori roti, Dal makhni, Matar paneer, Pulav aloo gobhi, Cucumber raita, Besan laddoo
	SNACKS 6PM	Veg sandwich
	DINNER	Rice, Chapati, Yellow dal, Bharwa tinda
	BEFORE BED	Milk & Biscuit
02.05.2023	BREAK FAST	Idli, Sambhar, Coconut chutney, Milk, Tea, Fruit
TUESDAY	LUNCH	Rice, Chapati, Sabut moong dal, Aloo parmal, Salad
	SNACKS 6 PM	Sevian kheer
	DINNER	Rice, Chapati, Rajma, Potato french beans, Salad
	BEFORE BED	Milk & Biscuit
03.05.2023	BREAK FAST	Missi parantha, Curd, Pickle, Tea, Fruit
WEDNESDAY	LUNCH	Chapati, Matar rice, Arhar Dal, Ladyfinger, Salad
	SNACKS 6PM	Bread pizza
	DINNER	Rice, Chapati, Black masoor dal, Veg kofta, Salad
	BEFORE BED	Milk & Biscuit
04.05.2023	BREAK FAST	Pavbhaji, Milk, Tea, Fruit
THURSDAY	LUNCH	Jeera rice, Chapati, Kadhi pakora, Aloo capsicum, Salad
	SNACKS 6PM	Maggi
	DINNER	Rice, Chapati, Yellow dal, Arbi, Salad, Sevian kheer
	BEFORE BED	Milk & Biscuit
05.05.2023	BREAK FAST	(Pre-Primary & College: Vegetable poha, Bread jam, Milk, Tea) (Primary & Senior secondary: Nutrimatar, Chapati, Milk, Fruit)
FRIDAY	LUNCH	Rice, Chapati, Lobiya, Nutri matar, Salad
	SNACKS 6PM	Veg sandwich
	DINNER	Jeera rice, Chapati, Sabut masoor, Matar paneer, Salad
	BEFORE BED	Milk & Biscuit
06.05.2023	BREAK FAST	Aloo parantha, Curd, Fruit, Tea
SATURDAY	LUNCH	Jeera rice, Chapati, Black chana, Mix veg, Salad
	SNACKS 6PM	Bread pizza
	DINNER	Rice, Chapati, Arhar dal, Tori, Salad
	BEFORE BED	Milk & Biscuit
07.05.2023	BREAK FAST	Bread pakora, Ketchup, Milk, Tea
SUNDAY	LUNCH	Jeera Rice, Chapati, Yellow dal tadka, Aloo baigan, Salad
	SNACKS 6PM	Chowmein
	DINNER	Rice, Chapati, Dal makhni, Aloo beans, Salad
	BEFORE BED	Milk & Biscuit
08.05.2023	BREAK FAST	Chole kulche, Milk, Tea, Fruit
MONDAY	LUNCH	Rice, Chapati, Urad dhuli, Mix veg, Salad
	SNACKS 6PM	Veg sandwich
	DINNER	Rice, Chapati, Pachranga dal, Chaap veg, Sevian kheer
	BEFORE BED	Milk & Biscuit
09.05.2023	BREAK FAST	Idli, Sambhar, Coconut chutney, Milk, Tea, Fruit
TUESDAY	LUNCH	Jeera rice, Chapati, Rajma, Jeera aloo, Cucumber raita
	SNACKS 6PM	Vegetable idli
	DINNER	Veg pulao, Chapati, Masar Sabut dal, Palak paneer, Salad
	BEFORE BED	Milk & Biscuit

10.05.2023	BREAK FAST	Vegetable parantha, Curd, Pickle, Tea, Fruit
WEDNESDAY	LUNCH	Rice, Chapati, Moong chilka daal, Aloo tomato gravy, Salad
	SNACKS 6PM	Fruit chaat
	DINNER	Chapati, Matar rice, Lobiya, Kofta, Salad
	BEFORE BED	Milk & Biscuit
11.05.2023	BREAK FAST	(Pre-Primary & College:Vegetable poha, Sweet dalia,Tea)
		(Primary & Senior secondary:Kadhi,Chapati,Tea,Fruit)
THURSDAY	LUNCH	Jeera rice, Chapati, Kadhi, Aloo shimlamirch, Salad
	SNACKS 6PM	Veg sandwich
	DINNER	Rice, Chapati, Makhni dal, Mix veg, Fruit custard
	BEFORE BED	Milk & Biscuit
12.05.2023	BREAK FAST	Pavbhaji, Milk, Tea, Fruit
FRIDAY	LUNCH	Rice, Chapati, Yellow dal tadka, Aloo gobhi, Salad
	SNACKS 6PM	Maggi
	DINNER	Rice, Chapati, Rajma, Ghiya veg, Salad
	BEFORE BED	Milk & Biscuit
13.05.2023	BREAK FAST	Aloo sandwich, Cornflakes, Milk, Tea
Ind SATURDAY	LUNCH	Matar rice, Chapati, Moong sabut, Dum aloo, Salad
	SNACKS 6 PM	Sandwich
	DINNER	Rice, Chapati, Arhar dal, Soya chaap, Salad
	BEFORE BED	Milk & Biscuit
14.05.2023	BREAK FAST	Stuff parantha, Milk, Tea
SUNDAY	LUNCH	Jeera rice, Chapati, Black chana, Soyabean matar, Salad
	SNACKS 6 PM	Bread pizza
	DINNER	Rice, Chapati, Masoor sabut, Palak corn, Salad
	BEFORE BED	Milk & Biscuit
15.05.2023	BREAK FAST	(Pre-Primary & College) ; Macroni, Milk, Tea, Fruit (Primary & Senior Secendary) :Ghiya kofta, Chapati, Milk, Fruit, Tea
MONDAY	LUNCH	Jeera Rice, Chapati, Urad chana dal, Ghiya kofta, Salad
	SNACKS 6PM	Pakora
	DINNER	Rice, Chapati, Dal tadka, Kadhai paneer, Salad, Sevian kheer
	BEFORE BED	Milk & Biscuit
16.05.2023	BREAK FAST	Idli, Sambhar, Coconut chutney, Milk, Tea, Fruit
TUESDAY	LUNCH	Rice, Chapati, Sabut moong dal, Aloo matar, Salad
	SNACKS 6 PM	Veg Idli
	DINNER	Rice, Chapati, Rajma, Potato french beans, Salad
	BEFORE BED	Milk & Biscuit
17.05.2023	BREAK FAST	Aloo parantha, curd, Lemon pickle, Tea, Fruit
WEDNESDAY	LUNCH	Jeera Rice, Chapati, White chana, Jackfruit veg, Salad
	SNACKS 6PM	Maggi
	DINNER	Veg pulao, Chapati, Pachranga dal, Soyabean aloo, Salad
	BEFORE BED	Milk & Biscuit
18.05.2023	BREAK FAST	PavBhaji, Milk, Tea, Fruit
THURSDAY	LUNCH	Jeera rice, Chapati, Kadhi pakora, Aloo shimla mirch, Salad
	SNACKS 6 PM	Besan cheela
	DINNER	Tandoori roti, Dal makhni, Aloo gobhi, Salad, Gulab Jamun
	BEFORE BED	Milk & Biscuit
19.05.2023	BREAK FAST	(Pre-Primary & College: Poha, Aloo sandwich, Milk, Tea)
		(Primary & Senior secondary:Chapati, Ghiya chana dal, Milk, Fruit)
FRIDAY	LUNCH	Rice, Chapati, Ghiya chana dal, Mix veg, Salad
	SNACKS 6 PM	Aloo finger
	DINNER	Chapati, Matar rice, Urad chana dal, LadyFinger, Salad

	BEFORE BED	Milk & Biscuit
20.05.2023	BREAK FAST	Aloo puri,Raita,Tea,Fruit
SATURDAY	LUNCH	Veg chowmien, Veg gravy manchurian, Veg fried rice, Chapati
	SNACKS 6 PM	Maggi
	DINNER	Jeera rice, Chapati, Black masoor dal, Baigan bharta, Salad
	BEFORE BED	Milk & Biscuit
21.05.2023	BREAK FAST	Aloo parantha,Curd, Lemon pickle,Tea
SUNDAY	LUNCH	Jeera Rice, Chapati, Yellow dal, Aloo Jeera,Salad
	SNACKS 6PM	Sandwich
	DINNER	Rice, Chapati, Urad dhuli dal, Bharva tinda, Salad
22.05.2023	BREAK FAST	(Pre-Primary & College :Namkeen seviran,Ketchup, Milk, Tea)
		(Primary & Senior secondary:Chapati,Nutri matar,Milk,Tea)
MONDAY	LUNCH	Rice,Chapati, Palak corn, Arhar dal,Salad
	SNACKS 6PM	Samosa, Mint chutney, Ketchup
	DINNER	Jeera Rice, Chapati, Udad chana dal, Mix veg, Salad,Custard
	BEFORE BED	Milk & Biscuit
23.05.2023	BREAK FAST	Idli, Sambhar,Coconut chutney, Milk, Tea,Fruit
TUESDAY	LUNCH	Rice, Chapati, Black chana,Ladyfinger, Salad
	SNACKS 6 PM	Maggi
	DINNER	Rice, Chapati, Mix dal, Pumpkin veg, Salad
	BEFORE BED	Milk & Biscuit
24.05.2023	BREAK FAST	Aloo Paratha,Curd, Lemon pickle Tea,Fruit
WEDNESDAY	LUNCH	Jeera Rice,Chapati, Sabut masoor dal, Matar paneer, Salad
	SNACKS 6PM	Maggi
	DINNER	Rice, Chapati, Ghiya chana dal, Mix veg ,Salad
	BEFORE BED	Milk & Biscuit
25.05.2023	BREAK FAST	Chole Kulche,Milk,Tea,Fruit
THURSDAY	LUNCH	Rice, Chapati, Kadhi pakora, Aloo shimla mirch, Salad
	SNACKS 6 PM	Aloo finger
	DINNER	Chapati, Matar rice, Urad chana dal, Tinda veg, Salad
	BEFORE BED	Milk & Biscuit
26.05.2023	BREAK FAST	(Pre-Primary & College :Aloo sandwich,Cornflakes,Milk,Tea)
FRIDAY		(Primary & Senior secondary: Chapati,Ladyfinger,Milk,Tea,Fruit)
	LUNCH	Rice, Chapati, Yellow dal tadka, Chaap,Salad
	SNACKS 6 PM	Maggi
	DINNER	Jeera Rice, Chapati, Black masoor dal, Baigan bharta, Salad
	BEFORE BED	Milk & Biscuit
27.05.2023	BREAK FAST	Missi Parantha,Curd,Pickle Tea
4th SATURDAY	LUNCH	Rice, Chapati, Dal Makhni, Aloo gobhi, Salad
	SNACKS 6 PM	xxx
	DINNER	Chapati, Veg pulao, Dal fry, Kofta, Salad
	BEFORE BED	Milk & Biscuit
28.05.2023	BREAK FAST	Bread Pakora,Milk,Green Chutney,Tea
SUNDAY	LUNCH	Rice, Chapati, Pachranga dal, Aloo do pyaja,Salad
	SNACKS 6 PM	xxx
	DINNER	Jeera Rice, Chapati, Black masoor dal, Baingan bharta, Salad
	BEFORE BED	Milk & Biscuit
29.05.2023	BREAK FAST	Aloo parantha,Curd,Tea, Fruit
MONDAY	LUNCH	Rice, Chapati, Rajma, Aloo shimla mirch, Salad
	SNACKS 6PM	xxx
	DINNER	Rice, Chapati, Pachranga dal, Gatte ki subzi, Salad
	BEFORE BED	xxx

30.05.2023	BREAK FAST	Idli, Sambhar, Coconut chutney, Milk, Tea, Fruit
TUESDAY	LUNCH	Chole bathure, Rice, Onion lachha, Jeera aloo, Raita, Pickle
	SNACKS 6PM	xxx
	DINNER	Rice, Chapati, Dal makhani, Aloo beans, Salad
	BEFORE BED	xxx
31.05.2023	BREAK FAST	PavBhaji, Milk, Tea, Fruit
WEDNESDAY	LUNCH	Chapati, Rice, Arhar dal, Matar paneer, Raita
	SNACKS 6PM	xxx
	DINNER	Rice, Chapati, Yellow dal, Bharwa tinda
	BEFORE BED	Milk & Biscuit

